

Stuffed Summer Squash

Rating: ★★ ★

Makes: 4 Servings

Ingredients

- 2 summer squash
- 3 cups cooked brown rice
- 1 cup diced tomatoes
- 1 cup squash pulp (from summer squash listed above)
- 1 cup white beans, drained and rinsed
- 1 tablespoon fresh basil
- 4 tablespoons Parmesan cheese

Directions

1. Wash and cut squash in half, lengthwise. Remove the large seeds.
2. Steam the squash, skin side down, in a small amount of water in a fry pan or skillet until slightly tender (but not mushy).
3. Scoop out a good amount of pulp (1 cup), place in a bowl and mix with stuffing (brown rice through Parmesan cheese).
4. Place the squash shells in a baking dish. Stuff the squash with the stuffing mixture.
5. Top with grated Parmesan cheese. Bake at 350°F for about 30 minutes.

Notes

Other Stuffing Options:

- **Rice + Turkey Stuffing:** 1 cup squash pulp, 1 pound cooked ground turkey, 2 cups cooked brown rice, 1 can low-sodium condensed cream of mushroom soup, 2 Tablespoons shredded cheddar cheese.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	267	
Total Fat	3 g	5%
Protein	12 g	
Carbohydrates	49 g	16%
Dietary Fiber	7 g	28%
Saturated Fat	1 g	
Sodium	192 mg	8%

MyPlate Food Groups

Vegetables	1 1/2 cups
Grains	1 1/2 ounces
Dairy	1/2 cup

- **Cornbread Stuffing:** 2 cups squash pulp, 2 cups cornbread stuffing from a mix, dry, 1 cup diced cooked chicken or ham, 1/4 cup raisins, 1/4 cup almonds or other nuts

Connecticut Food Policy Council, Farm Fresh Summertime Recipes